Chapter 3
Communication Apprehension

This chapter discusses glossophobia and offers specific tips and strategies for reducing your communication apprehension.

“Nothing in life is to be feared. It is only to be understood.” Marie Curie
Why Do I Need To Know How to Present in Public?

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Why Do I Get So Anxious?

• Glossophobia – is the fear of public speaking.
• What are some of the symptoms and causes
How Can I Manage My Speech Anxiety?

• Skills Training
• Deep Breathing
• Imagery
• Reframing
• Positive Self-Talk
• Take the Personal Report of Public Speaking Anxiety (PRPSA) (Richmond & McCroskey, 1985)